



National Nutrient Database for Standard Reference
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Statistics Report 09041, Bananas, dehydrated, or banana powder

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	346	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	1448	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	3.89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	1.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	3.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	88.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	9.9	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Sugars, total	g	47.30	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Minerals													
Calcium, Ca	mg	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	1491	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.574	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	3.9	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	7.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	2.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.440	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	19.6	--	--	--	--	--	--	--	--	Calculated or imputed	09032	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	101	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Carotene, alpha	µg	96	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Vitamin A, IU	IU	248	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Lutein + zeaxanthin	µg	84	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Vitamin E (alpha-tocopherol)	mg	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	12/2002
Lipids													
Fatty acids, total saturated	g	0.698	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
10:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
12:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.473	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Threonine	g	0.171	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.167	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.359	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.162	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.074	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.201	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.121	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.282	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.176	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.333	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.222	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.503	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.399	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.229	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.226	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002